F.T. News

News from First Tower School November 2023

A Word from the Head

Dear parents/carers,

November as always is a busy month. It was wonderful to see so many children dressed in spots or Pudsey themed clothing on Friday 17th, the school raised £610.66 for Children in Need. Thank you to all, for supporting this charity.

A polite reminder that as the weather deteriorates children need to come to school wearing appropriate footwear and outer clothing that keep them warm and dry. Earlier this year we informed you of our commitment to OPAL- a programme that encourages children to be active at break and lunchtimes. OPAL encourages children to be outside what ever the weather (within reason) so coats preferably with hoods help us to comply with this vision.

December the 1st is fast approaching and the countdown to the big day begins. On Friday 1st children may wear a Christmas jumper to school as it will be decorations day. Over the next couple of weeks other Christmas celebrations/performances are planned I will look forward to seeing many of you then.

Best wishes,

Mrs Lyn Linton

Headteacher

DIARY DATES

Christmas Disco 29th November

Christmas Jumper Day 1st December

Year 5/6 Carol Service at Haute Vallee School 6th December

Second hand uniform sale 8th December

Term ends Tuesday 19 December

Term starts Thursday 4 January

Half term Monday 12 February to Friday 16 February

Online Safety

Cyber security: *a guide for parents and carers*

Thinkuknow and the National Cyber Security Centre have worked together to give advice about how families can make small changes to the security of online accounts and devices to better protect them from online scams. ‘Cyber security is the way we reduce the risk of becoming a victim of cyber crime. Cyber crime is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on.

For example:

- Phishing, where bogus emails asking for security information and personal details
- Malicious software, through which criminals hijack files and hold them to ransom
- Hacking to get information, including social media and email password

Cyber security is about protecting the devices we use and the services we access online. It’s also about preventing

Nursery

Children In Need

Nursery made cakes and biscuit to sell to their families and we also held a cake sale for the whole school. A huge thank you to our nursery parents for making and buying so many lovely cakes and biscuits for the sale. We raised £360!!

Reception

Reception were lucky enough to have a Theatre Group visit to tell us the story of Goldilocks and the Three Bears. They also using signing to tell us the story which we all really enjoyed!

We have been celebrating Diwali. We even got to try some sweets!

Year 1

Balance Bikes

The children have been enjoying their balance bike lessons in PE. They have been practising using the brakes to stop and gliding with their feet up. It has been lovely to see the children grow in confidence! Next it will be 1W turns.

Caterpillar Twists

In Literacy we have been writing instructions and looking at recipes in our book Gruffalo Crumble. The children were given the opportunity to make Caterpillar Twists from this book and they thoroughly enjoyed being chefs for the day. In class we then wrote our own set of instructions about how to make them. The recipe is below if you'd like to make them at home.

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Caterpillar Twists

There are lots of caterpillars in the deep dark wood. These make a very chocolatey breakfast treat.

Makes 10 caterpillars

You will need:

1 sheet ready-made puff pastry (350g)
3 tablespoons chocolate spread
20 white chocolate buttons
Extra butter for greasing

A baking tray
A butter knife
A sharp knife

What to do:

1 Preheat the oven to 200°C/Gas Mark 6.

2 Dip a piece of kitchen roll in butter and rub it all over the baking tray.

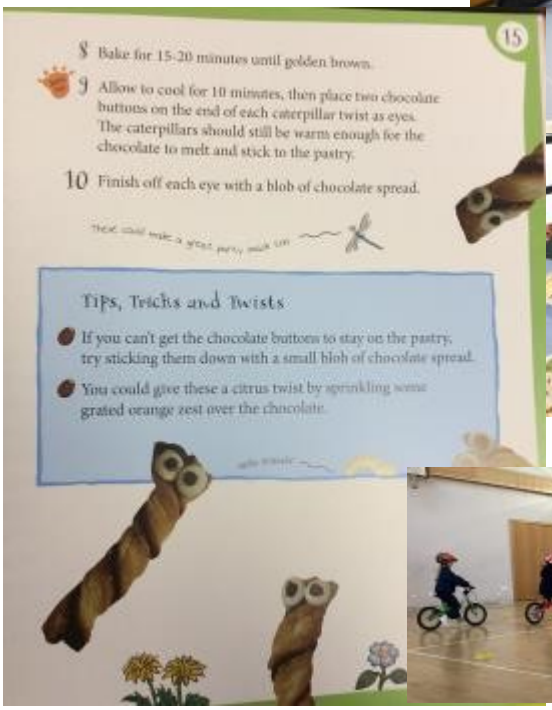
3 Lay out the sheet of puff pastry with one of the short ends towards you. Cut it in half widthways with a sharp knife, so you have two smaller sheets.

4 Smear chocolate spread all over one sheet using a butter knife. Make sure you go right to the edges!

5 Carefully put the other sheet on top of the chocolate-covered one.

6 Cut into ten strips.

7 Pick up one of the strips. Hold each end and twist it until you have a spiral, then place carefully on the baking tray. Repeat with the other strips.



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8 Bake for 15-20 minutes until golden brown.

9 Allow to cool for 10 minutes, then place two chocolate buttons on the end of each caterpillar twist as eyes. The caterpillars should still be warm enough for the chocolate to melt and stick to the pastry.

10 Finish off each eye with a blob of chocolate spread.

These would make a great party snack too!

Tips, Tricks and Twists

- If you can't get the chocolate buttons to stay on the pastry, try sticking them down with a small blob of chocolate spread.
- You could give these a citrus twist by sprinkling some grated orange zest over the chocolate.

Year 2

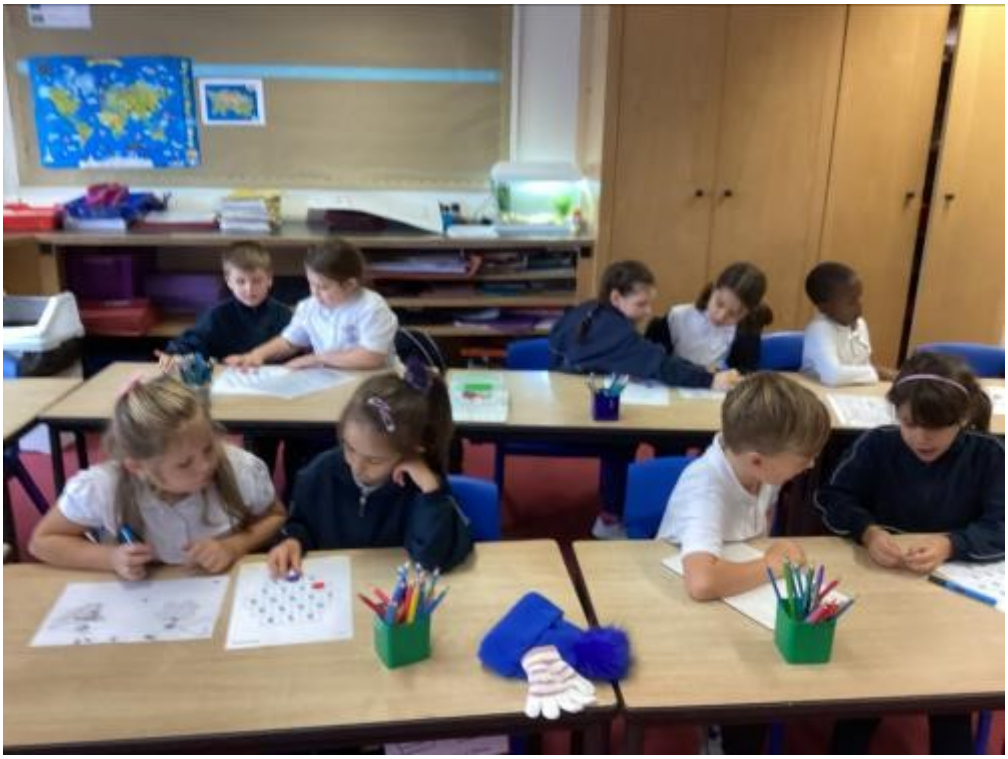
In Science, we concluded our 'Animals including humans' topic by thinking about how to keep ourselves healthy. We investigated the best way to remove germs (glitter) from our hands. The choices were 1) green paper tower 2) water or 3) soap and water. We found soap and water was definitely best because the soap lathers and cleans the hands while the water washes the germs away. We started our 'Materials' topic by searching for different materials around the room and noting their properties.

Year 2

In Topic, we have started our pirates learning 'Treasure Island'. To begin, we pretended to be pirates in the sports hall. We had to follow the Captain's instructions to avoid being told to walk the plank and fall into the shark infested waters!

Year 2

In Maths, we played a game where we had to add single digit numbers to be the first to twenty across the playing board.



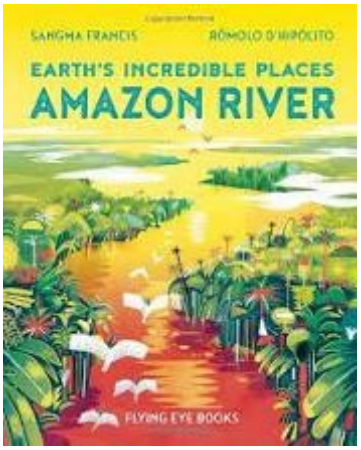
Year 3

Year 3 really enjoyed their trip to La Hougue Bie this week. We looked at different stone age artifacts, discussed how people lived in each time period and even went in the neolithic long house.

We went inside the dolmen, it was very dark and we had to crouch down to get in!

Did you know there used to be woolly rhinos in Jersey?

Year 4



In English we are learning about non-chronological reports. We are using 'Earth's incredible places, Amazon River' and have created informative presentations about different animals which can be found along the Amazon River.

In ICT we are learning about an audio programme called BandLab. Over the coming weeks children will be learning to create and edit sounds with the intention of creating a podcast.

In science as part of our 'Animals Including Humans' topic we are looking at how different liquids can affect and damage our teeth. We have set up an experiment to see what happens to egg shells when they are left in different liquids. We are going to monitor the results over the coming week.

Year 5

We can't believe it is December next week!

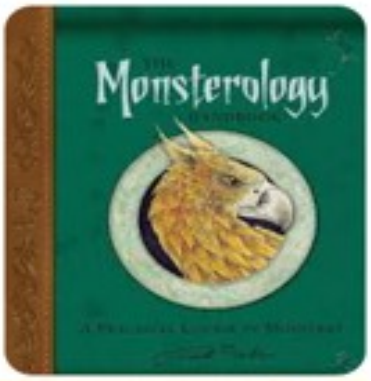
This half term has seen us dive deeper into Rivers and forces and we are looking forward to our trip to see St Peter's valley and the mill on 30th November.

Our netball skills are being developed in PE and we are drawing close to the end of our swimming sessions with the infamous pyjama lesson this week.

We are all enjoying our current book Monsterology and are seeing some imaginative writing and ideas inspired by the text and illustrations.

We had a professional guitarist come in to play some Gypsy Jazz for us which was entertaining. In music this term we will be preparing for the Christmas Carol Service during which year 5 will also perform a piece of choral poetry.

With several exciting Christmas treats ahead we are sure December will be such a fun time for us all in year 5.



Year 6

Just before half term, Year 6 visited the Jersey War Tunnels as part of our World War 2 topic. We learnt lots of things about the Occupation and what life was like during that time.

We also had an art day this month. The children learnt about using natural materials as paint brushes and then worked with clay.

Maths

This week, we started a whole-school 'Times Tables Rock-stars' house tournament.

The winning house this week is …

Earth House

1	Earth House	185
2	Air House	143
3	Fire House	76
4	Water House	26

FIRST TOWER SCHOOL

CHRISTMAS DISCO

29/11/2023

FIRST TOWER SCHOOL HALL

RECEPTION: 3.00-3.45PM
YR 1 & 2: 4.00-4.45PM
YR 3 & 4: 5.00-6.00PM
YR 5 & 6: 6.15-7.15PM

TICKETS £3

(INC DRINK & SMALL SNACK)

DISCO & GAMES BY DJ JEN

ROUNDTABLE

Jersey 192

Sleigh Run Schedule December 2023

Saturday 2nd Dec	Arrive	Depart
Father Christmas enters arrivals at the Airport	13:50	14:30
Communicare	14:40	15:10
Quennevais Parade	15:15	15:35
St Brelade's Parish Hall	15:40	16:25
Le Clos Vaze	16:35	17:00
Jardin des Carreaux	17:05	17:20

Sunday 3rd Dec	Arrive	Depart
Les Cinq Chenes	15:10	15:30
Belverdre Estate	15:30	15:45
Langley Avenue and Langley Park	15:45	16:00
Troy Court & Checkers Xpress	16:00	16:25
Pillar Gardens/Whitley Close	16:25	16:40
Oak Tree Gardens	16:45	16:55
Trinity Parish Hall	17:00	17:30

Monday 4th Dec	Arrive	Depart
Centre Point La Pouquelaye	15:35	16:00
Westmount Day Nursery	16:05	16:15
Jardin du Soleil (First Tower)	16:20	16:30
Busy Beans Nursery Bel Royal	16:35	16:45
Bel Royal School	16:45	17:10
St Peter's School/Clos de Charmes	17:15	17:35
St Ouen's Parish Hall	17:40	18:15
St Mary's Community Centre	18:20	18:50

Tuesday 5th Dec	Arrive	Depart
Centre Point South Hill	15:10	15:40
Rouge Bouillon School	15:55	16:30
Five Oaks	16:40	16:45
Maufant Community Centre	16:45	17:20
St Martins Parish Hall	17:25	18:10
St.Savours Parish Hall	18:15	19:00

Wednesday 6th Dec	Arrive	Depart
The Bridge – St Helier	15:00	15:30
Les Squez	15:50	16:10
Clos St Andre	16:25	16:35
Mont Felard	16:40	16:50
St John's Parish Hall	17:00	17:40
St Lawrence Parish Hall	17:45	18:15

Thursday 7th Dec	Arrive	Depart
Grasset Park, Clos Gosset, Miladi Farm	15:15	16:00
Samares Nurseries Estate	16:05	16:45
St Clement's Parish Hall	16:50	17:30
La Rocque Harbour	17:35	17:50
Grouville Cenotaph	18:10	18:30
Gorey Pier (Dolphin Hotel)	18:40	19:00

The Jersey Round Table run the Sleigh to raise money for the Jersey Christmas Appeal.

We welcome any donations that can be given and would also like to receive any old toys (for all ages) so that these can be given to other children in the island.

Whilst we do not envisage any changes to the schedule, please see our Facebook page to keep up to date.

We will endeavour to meet the times above however we may be a little late if preceding stops are busy.

https://www.facebook.com/jerseyroundtable/

A HELPING HAND
FOR PARENTS

WHAT IS IT?

AN EVENT THAT HAS BEEN CREATED TO SUPPORT PARENTS IN DIFFICULT AND CHALLENGING TIMES.

WHY ARE WE DOING IT?

OUR PERINATAL SERVICE SUPPORTS MANY PARENTS AND WE UNDERSTAND THAT TIMES ARE HARD AT THE MOMENT. WE WANT TO TRY AND MAKE THINGS A LITTLE EASIER BY OFFERING PARENTS A HELPING HAND.

HOW MUCH IS IT?

COMPLETELY FREE. ALL ITEMS HAVE BEEN GIFTED TO MIND SPECIFICALLY FOR THIS EVENT, PARENTS ARE INVITED TO TAKE AS MUCH OR AS LITTLE AS THEY NEED WITH NO EXPECTATION OF PAYMENT OR DONATION.

WHAT SORT OF THINGS WILL YOU HAVE?

WE HAVE BEEN GIFTED A NUMBER OF ITEMS INCLUDING, BUT NOT LIMITED TO, PRAMS, NEXT TO ME COTS, BABY BATHS, NAPPIES, WIPES, CHILDRENS TOYS, CHILDRENS BOOKS, CHILDRENS CLOTHES...TO NAME BUT A FEW.

ALL CHILDRENS ITEMS ARE SUITABLE FOR 0-5 YEARS OLD

A HELPING HAND
FOR PARENTS

MIND JERSEY DROPIN
SATURDAY 2 DECEMBER
10AM-2PM

CONTACT SHELLEY OR CLARA

S.DALY@MINDJERSEY.ORG | C.GICQUEL@MINDJERSEY.ORG

07829 933997 | 07829 830609

Children and Families Hub

CAMHS

Government of JERSEY

Play and Connect Monthly Drop in Session

Discover how play and connection can promote positive mental health for your children and teens

Join practitioners from CAMHS Early Intervention team and the Children and Families Hub to learn about play and discuss any concerns or worries you may have about your child's development or mental health.

Who is it for? For parents, carers and their children up to 18 years old

When is it happening? The last Tuesday of every month, next one is 28th November at The Bridge Child and Family Centre between 12:30 – 14:30

How can I take part? Please feel free to drop into The Bridge on the above date and time, or for more information contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*